

ADOLESCENCE IN BRIEF III

Relationships and Development



Photo by Allison Shelley for EDUimages

CONTEXT SETTING

1. What words or phrases do you associate with adolescence?

2. Which of these words connect to “positive” learning and development and which of them connect to “vulnerability”?

3. How can schools, homes, and communities create the conditions for positive relationship-building?

HEALTHY RELATIONSHIPS FEED BRAIN DEVELOPMENT & LEARNING



image: Freepik

Understanding how **healthy relationships** with adults and peers foster **positive brain development** –and how those relationships set the foundations for future social interactions- can help adults **create supportive opportunities** for relationship building in home, school, and the community.

Try this: schedule time and activities each day for relationship building. These should be both academic and social activities that allow diverse groups of students to work together (e.g., grade level or content-based projects or student-developed performances).



image: Freepik

THE DEVELOPMENTAL RELATIONSHIP FRAMEWORK

According to The Search Institute there are five elements (and 20 specific actions) that make a relationship powerful in young people's lives.

[Click here for more information](#)



image: Freepik

Express Care

Show me that I matter

- Be dependable
- Listen
- Believe in me
- Be warm
- Encourage me



image: noomtah

Challenge Growth

Push me to keep getting better

- Expect my best
- Stretch my thinking
- Hold me accountable
- Reflect on failures



image: Freepik

Provide Support

Help me complete tasks and achieve goals

- Navigate
- Empower
- Advocate
- Set boundaries



image: Freepik

Share Power

Treat me with respect and give me a say

- Respect me
- Include me
- Collaborate
- Let me lead



image: Freepik

Expand Possibilities

Connect me with people and places that broaden my world

- Inspire
- Broaden horizons
- Connect

Consider this: how can you learn what young people need most from relationships with peers, older youth and adults?

How can you incorporate these five elements across your planning and implementation activities?